



Another delicious recipe from  
*Tanya's Kitchen*

## **Crab Cakes**

### **Ingredients**

- 1 Tin lump Crab Meat
- 1 small Onion (diced)
- 1 small Red Bell Pepper (diced)
- $\frac{3}{4}$  cup of mayonnaise
- 1 tbsp. Mustard
- 1 tbsp. Whistershire Sauce
- Salt and pepper to taste
- Cooking oil

### **Directions**

- In a Sauté pan add oil to a hot pan and sauté onions and red bell peppers until translucent. Allow to cool thoroughly
- In a large mixing bowl add the lump crabmeat, mayonnaise, mustard, whistershire sauce, breadcrumbs, onions, peppers, and seasoning.
- Mix well (if the mixture is still a little wet add more bread crumbs)
- Take a small hand full of mixture and form them into cakes and dust with breadcrumbs
- Add cooking oil to a hot frying pan and pan fry the crab cakes until golden brown
- You can find all these ingredients at all your Foster's Food Fair IGA stores